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DAYTIME QUEEN

QUEEN LATIFAH DEBUTS HER TALK SHOW THIS FALL WITH THE GOAL OF CREATING A SPACE WHERE PEOPLE CAN 'CHILL, OPEN UP AND BE REAL' PAGE 9

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TIPPING POINT

Timber! The Saskatoon Police Service was forced to redirect traffic in both directions on Spadina Crescent East near the Broadway Bridge on Monday morning after a large tree fell across the road. Crews removed the tree and traffic returned to normal about an hour after the closure began. No damage was reported. MORGAN MODJESKI/METRO

Death of boy, 6, at First Nation ruled a homicide

Autopsy performed on Friday. RCMP say injuries sustained resulted in death, consistent with assault

MORGAN MODJESKI
morgan.modjeski@metronews.ca

The death of a six-year-old boy at a southeastern Saskatchewan First Nation has been ruled a homicide.

The body of Lee Bonneau was discovered at about 10:21 p.m. on Aug. 21 at Kahkewistahaw First Nation, east of the town of Broadview, shortly after he was reported missing to RCMP earlier that evening.

Bonneau was last seen at about 8:30 p.m. playing with his dogs near the Kahkewistahaw Education and Sports Complex. His body was later found near a tree line at the First Nation and his death was deemed to be suspicious.

RCMP spokeswoman Natalie Gray said on Monday that the injuries sustained by Bonneau were consistent with an assault and that police are investigating the case as a homicide.

"The injuries that Lee sustained during the assault were serious enough to lead to his death," Gray said.

"What we are doing right now is investigators are working to determine what took place during Lee's last few hours, (and) we're interviewing anyone who may have seen or been in contact with him."

Gray explained that RCMP officers are examining evidence collected during an autopsy and the investigation at the reserve. Mounties are asking anyone from the community who may have information about Lee's death to come forward.

"With a file like this," she said, "we always welcome information from the community, and we're asking anyone who may have seen Lee or been in contact with him during his last few hours to contact Broadview RCMP or Crime Stoppers."

Support available

RCMP pointed out that such tragic incidents can have a widespread impact on a community, and noted they're grateful for support available to families involved through the Yorkton Victims Services office.

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Stolen pin pads

Police arrest suspects in Canada-wide fraud spree

A recent set of arrests in Saskatoon could mean justice for potentially hundreds of Canadians.

Two Vancouver men are facing charges of fraud and theft after they were found in possession of a number of stolen pin pads, which police believe came from across Canada.

A release from the Saskatoon Police Service (SPS) explained that on Aug. 22, a patrol officer saw a van that matched a description of a vehicle involved with pin-pad theft in Manitoba parked at 21st Street and 4th Avenue.

Inside, officers say they found a sleeping 33-year-old Paul Joseph Nicholas Bell and a number of pin pads and credit cards. A second man, 54-year-old Eric Thomas Cleland, was also arrested after he was located at a nearby bar in possession of a stolen pin pad from Regina.

Staff Sgt. Keith Briant, who heads the Saskatoon Police Service's Economic Crime Unit, said while the two men are facing about eight charges in Saskatoon, they could be facing hundreds of charges across the country.

"This is an across-Canada investigation ... this goes from Vancouver right out to Ontario," said Briant, noting the SPS has received calls from police services in Winnipeg and Regina.

"The pin pads in question here, they're valuable for the data they contain," Briant explained.

Police believe the two men would travel from city to city stealing wireless pin pads from a restaurant or bar, then taking the pin pads and extracting information from the devices onto a laptop computer. The data would then be sold on the black market resulting in unauthorized transactions — sometimes in California — for the legitimate cardholder.

Briant said while the charges could have national implications, police are still in the early parts of the investigation and they expect more charges will be laid as the case develops. MORGAN MODJESKI/METRO

Business owner cleans up with dirty loofah advertisement

All Natural. Mike Zimmer claims his ad was not intended to offend people in Sask.

MORGAN MODJESKI
morgan.modjeski@metronews.ca

A Saskatchewan business owner says he's been reaping the rewards of a risky advertisement for his "all-natural" soap company.

The ad for the Loofah on a Stick, by Uncle Mike's All Natural Products, depicts a bearded man bathing in a backwoods pond and above him in an elegant font reads: "Welcome to Saskatchewan."

The ad quickly gained popularity and made it to the front page of Reddit.com's Saskatchewan sub-reddit just three days after being submitted.

While one "redditor" expressed disdain for the ad posting, "Stay classy Saskatchewan," on the image, Mike Zimmer, the owner of Uncle Mike's All Natural Products and the person featured in the photograph, said he's been getting nothing but positive feedback from others who have seen it.

"It's all about the idea of being happy with who we are, and finding beauty in what we have," said Zimmer.

Nothing to hide

"It's all about the idea of being happy with who we are, and finding beauty in what we have."

Uncle Mike's All Natural Products owner Mike Zimmer

"We don't have the mountains, we don't have an ocean, but we do have prairies and we do have lakes. Saskatchewan has its own beauty."

"Sometimes people don't see that coming from other provinces or countries, because it's a pretty flat province ... but it's about finding beauty in the simple, in the natural and in the elements."

When asked whether the ad depicts Saskatchewan people in a negative fashion, he said that was never his intent.

"I would hope not. Obviously that was not the intention at all, for me I'm a pretty fun-loving guy and the responses I've been getting ... are that it's been really well-received. People are really liking the image," said Zimmer.

Tourism Saskatchewan's director of marketing, Jonathan Potts, said they would not comment on the ad.

Mike Zimmer, business owner of Uncle Mike's All Natural Products, inset, says his ad depicting a man bathing in a backwoods pond with the words "Welcome to Saskatchewan" hovering above the image was never intended to offend. CONTRIBUTED; INSET: MORGAN MODJESKI/METRO

Diabetes a '24-7' responsibility for Roughrider Chick

The Riders' John Chick speaks to the media. MARCO VIGLIOTTI/METRO

Saskatchewan Roughrider John Chick believes in dreams, even while tackling a life-changing disease.

The six-foot-four defensive end is a Type 1 diabetic, meaning he needs insulin to stay alive.

"Most people just know me as a football player, but it's something I deal with. I wear an insulin pump both on and off the field," said Chick.

"It's a 24-7 disease and it's hard to handle."

The pump Chick wears is about the size of a cellphone. A thin tube runs from the pump to what is called the infusion site — the spot on the body where a tiny plastic catheter goes under the skin and delivers a steady amount of insulin.

"The machine itself is just in the waistband of my shorts, my undershorts," he said.

Chick was diagnosed as a diabetic when he was 14.

"It definitely put doubt in there at first.... You get the 'Why me?'" he said.

Chick is part of the Sun Life Financial Kick Diabetes campaign. In partnership with the CFL, Sun Life will make a $101 donation to the Juvenile Diabetes Research Foundation every time a successful field goal is kicked during the regular season, up to $40,000.

Chick says living with diabetes has been a growing process, "a few steps up, a couple steps back sometimes." But he believes in being persistent and wants to share that story.

THE CANADIAN PRESS

It's the Bell Back to School Event!

Activist shakes up Moscow campaign

From blogosphere to inner sphere?

Anti-corruption blogger gaining traction against incumbent in upcoming mayoral election

Alexei Navalny, an anti-corruption blogger and leader of the Russian protest movement, embraces his wife Yulia after he was released last month. Navalny was sentenced to five years on embezzlement charges, but was released the day after his conviction in what many have seen as an effort to legitimize the mayoral race. DMITRY LOVETSKY/THE ASSOCIATED PRESS

A motley gaggle of hipsters, mothers with children and two babushkas with hair dyed bright red gather to listen to something they haven't heard in over a decade: a stump speech for Moscow mayor.

Alexei Navalny, an anti-corruption blogger who has become the best-known face of Russia's protest movement, is trying to take his following offline and into the street, waging a traditional campaign to win voters outside his base of the young and web-savvy.

Navalny has little hope of defeating incumbent Sergei Sobyanin — but polls show his star is rising. And if he gets a big chunk of the vote, the Kremlin will face pressure to show leniency over his five-year prison sentence on embezzlement charges, and the grassroots protest movement that fizzled out after Vladimir Putin's return to the presidency last year may gain new wind.

Navalny was sentenced last month but was released a day later in what many have described as an effort to legitimize the mayoral race and ensure that Sobyanin — who was appointed as mayor and is seen as a possible successor to Putin — is regarded as an elected politician with widespread support.

Sobyanin, meanwhile, is playing the regal incumbent: Throughout the campaign, he has been all but invisible, allowing the drone of jackhammers or whiffs of fresh paint that are signs of a Moscow makeover to remind voters of who's in charge.

Despite his almost invisible candidacy, Sobyanin is genuinely well-liked for the changes he's brought to Moscow. He has poured a yearly budget of approximately $54 billion US into the city's parks and cultural institutions, although other promises to tackle traffic and parking have been lagging.

THE ASSOCIATED PRESS

China. American held on prostitution suspicion amid crackdown on bloggers

Police have detained a Chinese-American venture capitalist on suspicion of visiting a prostitute in Beijing as authorities crack down on bloggers who have posted sensitive material on China's already heavily restricted Internet.

Charles Xue, who has more than 12 million followers on the Twitter-like Sina Weibo, was detained on Friday evening in a Beijing neighbourhood along with a woman, according to police and state media on Sunday.

The naturalized American citizen regularly reposts reform-minded content and makes comments on other issues including China's air quality and food safety. The People's Daily on Monday reminded the country's "big Vs" — popular bloggers whose social media profiles are verified as genuine — that they "should be careful what information they convey ... and use their right to expression responsibly."

Many famous Chinese, from pop stars to business tycoons, have amassed huge followings on social media and at times post material that the government doesn't like, such as calling attention to social injustices and questioning government policies. This month, Internet censors called popular microbloggers to meetings and asked them to agree to standards, including keeping social order, in a move observers have said has a chilling effect on public discourse.

State media have also accused some microbloggers of undermining socialism and promoting Western values through lies and negative news.

Xue's celebrity name, Xue Manzi, shot to the top of the most-searched-for terms after his detention was announced.

THE ASSOCIATED PRESS

Great gall of China

Xue's arrest follows a string in recent days of people who triggered scandals online.

- **Suspicion of spreading rumours.** On Friday, police detained a reporter who alleged on his microblog that a senior government official was negligent with his public duties.
- **Suspicion of extortion.** Also detained is a blogger who initiated a campaign against an official who wore expensive watches that he wouldn't have been able to afford on his salary.
- **More extortion.** Blogger Zhu Ruifeng triggered a scandal last year when he released a video of an official having sex with a woman hired by property developers allegedly in an elaborate extortion scheme.

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Mac Harb resigns from Senate, giving Liberals a clean slate

Senate scandal. Harb borrows $230,000 to pay back the entirety of his disputed expenses

Veteran Liberal politician Mac Harb handed his former caucus a gift just before its annual summer retreat, resigning from the upper chamber and paying back all his questionable Senate expenses.

That now leaves only three former Conservative senators hanging on in the red chamber, despite pressure to resign over a raft of inappropriate financial claims and connected police probes.

Liberal Leader Justin Trudeau had faced criticism from his rivals for saying he would welcome Harb back into the caucus once he settled the issue of his living expenses.

That problem appears to have been solved in time for the Liberal get-together beginning Tuesday in P.E.I., where financial transparency will be the main focus.

Harb had been fighting the Senate in court over its assessment that he had improperly claimed to be living primarily in a home outside the National Capital Region. That complicated legal battle has been abandoned.

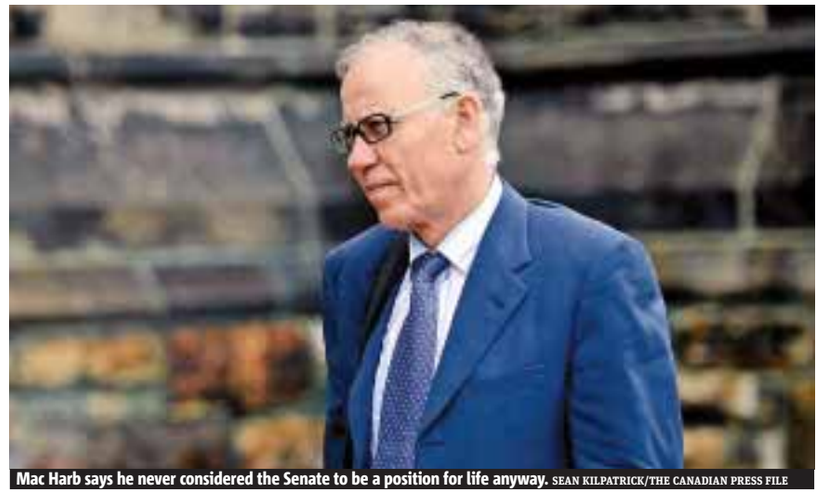
"I have been contemplating retirement for some time as I personally never considered the Senate to be a lifetime position," Harb said in a statement on Monday.

"These past few months have been extremely difficult for me and my family and caused me to evaluate what more I could contribute in the circumstances."

Harb says he sent the Senate a cheque for $189,166, bringing his total reimbursement to $231,649, or the entirety of his living-related expenses.

Records show Harb has borrowed $230,000 by using mortgages against four properties to get loans from a numbered company owned by an Ottawa lawyer and businessman.

The Canadian Taxpayers Federation quickly pointed out that Harb will still be able to draw from healthy MP and Senate pensions now that he has retired. THE CANADIAN PRESS



Mac Harb says he never considered the Senate to be a position for life anyway. SEAN KILPATRICK/THE CANADIAN PRESS FILE

Tories must pay for audits: Mulcair

NDP Leader Tom Mulcair says the Conservative party should pick up the costs associated with auditing a pair of former Tory senators who filed improper expense claims.

Mulcair made the comments Monday as he highlighted his "Roll Up the Red Carpet" tour, part of a campaign to publicize his party's support for Senate abolition.

The campaign opened in May, with the first stop of the tour in P.E.I., home province of embattled Sen. Mike Duffy.

NDP's Tom Mulcair
THE CANADIAN PRESS

Both Duffy and colleague Pamela Wallin claimed expenses related to Senate business while they were actually attending party events.

"The Conservative party should reimburse for the audit because it ... was made necessary because the prime minister didn't tell the truth in the Commons in February when he said there was no problem with Pamela Wallin's expenses," Mulcair said.

Mulcair vowed to keep pressure on the Senate, despite the fact Parliament won't return until October. Prime Minister Stephen Harper has signalled his intent to prorogue Parliament and open a new session with a throne speech.

"In the last five weeks ... the prime minister showed up to answer questions exactly five times," Mulcair told a gathering of NDP staffers. "By the time the House finally reconvenes, it will have been five months since he's had to answer a question."

Senate reform is likely to figure in Harper's throne speech. THE CANADIAN PRESS

Calgary airport

Immaculate drug disguise found out

A border services agent dug deep this month to find five kilograms of opium hidden in coffee carafes at the Calgary International Airport.

The carafe bottoms were removed, the drugs inserted and the bottoms rewelded. The carafes were then placed in boxes, covered by plastic wrap and heat-sealed. THE CANADIAN PRESS

Vancouver

City accidentally hires Hells Angel

The City of Vancouver is reviewing its hiring practices after a member of the Hells Angels was hired as a garbage collector. But routine criminal-record checks on employees might not be in the cards. The city manager noted that such workers have no contact with kids or valuable information or inventory. THE CANADIAN PRESS

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UN experts inspect scene of alleged chemical attack in Syria

Damascus. Team collects samples, conducts interviews after surviving sniper attack on way to site

UN experts collected samples and testimony from Syrian doctors and victims of an alleged chemical weapons attack Monday following a treacherous journey through government and rebel-held territory, where their convoy was hit by snipers.

As U.S. officials said there was very little doubt that Syria used chemical weapons and Western powers stepped up calls for swift military action, President Bashar Assad's government vowed to defend itself against any international attack, warning that such an intervention would ignite turmoil across the region.

Snipers opened fire on the UN convoy, hitting one of the vehicles carrying a team on its way to investigate the Aug. 21 incident.

Martin Nesirky, a spokesman for UN Secretary-General Ban Ki-moon, said one of the UN vehicles was "deliberately shot at" in the buffer zone between rebel- and government-controlled territory, adding that the team was safe.

Activists said the inspectors eventually arrived in Moadamiyeh, a suburb of Damascus and one of the areas where the alleged chemical attack occurred.

In videos uploaded by the Moadamiyeh media office, UN inspectors were seen interviewing hospital patients.

THE ASSOCIATED PRESS

In this image taken from amateur video posted online, a presumed UN staff member appears to measure and photograph a canister on Monday in the suburb of Moadamiyeh in Damascus, Syria, where the Syrian regime allegedly used chemical weapons. UN experts collected samples and testimony from doctors and victims of the alleged attack on Monday following a treacherous journey through government and rebel-held territory. MOADAMIYEH MEDIA OFFICE/THE ASSOCIATED PRESS

'Dangerous new phase'

"Canada believes the only way to halt the bloodshed in Syria is through a political solution.... However, we understand that this solution is becoming more and more difficult as the crisis enters a very dangerous new phase."

Foreign Affairs Minister John Baird, who called Monday's attack on a UN convoy "absolutely abhorrent."

Evidence of attack is 'undeniable': Kerry

U.S. Secretary of State John Kerry declared Monday that there was "undeniable" evidence of a large-scale chemical weapons attack in Syria, toughening the Obama administration's criticism of President Bashar Assad's regime and outlining a justification for possible U.S. military action.

Kerry, speaking to reporters at the State Department, said last week's alleged attack was a "moral obscenity" that "should shock the conscience" of the world.

"The indiscriminate slaughter of civilians, the killing of women and children and innocent bystanders by chemical weapons is a moral obscenity. By any standard, it is inexcusable and ... it is undeniable," said Kerry, the highest-ranking U.S. official to confirm the attack in the Damascus suburbs that activists say killed hundreds of people.

"This international norm cannot be violated without consequences," he added.

THE ASSOCIATED PRESS

Syria's ally responds

Russia: No proof regime responsible

Nations calling for military action against Syria have no proof the Syrian government is behind an alleged chemical weapons attack, Russian Foreign Minister Sergei Lavrov said Monday.

Lavrov said the countries have assumed the role of "both investigators and the UN Security Council" in probing the incident.

THE ASSOCIATED PRESS

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Bangkok. Thai police crack down on sale of laughing-gas balloons

Thai authorities are cracking down on vendors in Bangkok's main backpacker district selling cheap doses of balloons filled with nitrous oxide, or laughing gas, to tourists.

Eight vendors have been arrested since police first noticed the trend a few weeks ago along Khao San Road, a pedestrian street lined with bars and cheap hotels, police Lt. Col. Pitiphan Kridakorn said Monday.

Each dose sells for about 130 baht, or $4.30. Pitiphan said the sale of drug-filled balloons started in popular beaches, such as Koh Samui, Pattaya and Koh Pagnan — an island known for "full moon" parties fuelled by drugs and alcohol. He said police are trying to curb sales of the drug-filled balloons in the capital before it gains wider popularity. THE ASSOCIATED PRESS

Balloons filled with laughing gas are being sold to tourists in Thailand. GETTY IMAGES FILE

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Natural gas: $3.50 US (+2¢)
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Education

The Donald fires back at AG over Trump U lawsuit

Donald Trump on Monday defended his Trump University as a booming success for student entrepreneurs and blasted New York Attorney General Eric Schneiderman as a "political hack looking to get publicity." On Saturday, Schneiderman filed a lawsuit alleging Trump helped run a phoney university that promised to make students rich. THE ASSOCIATED PRESS

N.W.T. resource projects may face labour shortage

Yellowknife. As energy ministers from across Canada meet this week, topics include workforce and northern pipeline

A man stands at the edge of Alexandra Falls on the Hay River in the Northwest Territories last week. The idea of a made-in-the-North pipeline is being floated at a meeting of energy ministers in Yellowknife. SEAN KILPATRICK/THE CANADIAN PRESS

Finding skilled labour will be a challenge as major resource projects move ahead in the Northwest Territories, said the territorial minister in charge of energy and mining.

The territory will need around 3,000 new workers, with several new mines set to open over the next eight to 10 years, David Ramsay said Monday in Yellowknife.

"With our remote location (and) the cold weather, it may be difficult for us to attract people to live in the Northwest Territories, but we are going to put our best effort into that," he said.

Some smaller aboriginal communities in the Northwest Territories have a 30 to 40 per cent unemployment rate, so there's a big need for training programs geared toward the jobs that will be coming, he said.

Energy ministers from across Canada are holding their annual meeting in Yellowknife this week. Ramsay said he'll talk to his counterparts about the idea of a made-in-the-North pipeline, which could enable crude to be exported on tankers from the Beaufort Sea or from the Alaskan port of Valdez.

The Northwest Territories has vast oil potential of its own in the emerging Canol shale in the Central Mackenzie Valley.

"We believe that the Northwest Territories is in a perfect location and a perfect time in its history to be right there, front and centre," said Ramsay.

Federal Natural Resources Minister Joe Oliver declined to say whether a northern pipeline would have Ottawa's backing, saying that, in principle, his government supports all pipelines that can get resources to export markets, provided they're economically viable and meet regulatory requirements. THE CANADIAN PRESS

Debt levels on the rise again, report finds

Canadian households have returned to their free-spending ways and seniors have joined the party lately by borrowing to finance their post-retirement lifestyles, a new report says.

The report from Equifax Canada shows that despite recent efforts by policy-makers to clamp down on borrowing, total consumer debt in Canada rose $77 billion, or 6.1 per cent, in the second quarter of 2013 from last year, and by 6.5 per cent among those 65 and over. The increase in debt among seniors was the biggest year-over-year of all age groups.

Jeffrey Schwartz of Consolidated Credit Counseling Services of Canada says the finding on seniors debt is in line with other reports that show bankruptcies among retirees is on the rise.

"That's what's scary about this," he said. "Seniors are carrying more debt into retirement. They are trying to maintain a lifestyle they had pre-retirement but on post-retirement income." THE CANADIAN PRESS

Free-spending seniors

65+

The increase in debt among seniors was the biggest year-over-year of all age groups.

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WHEN WE GO TOO FAR WITH FOOD

SHE SAYS

Jessica Napier
metronews.ca

Our relationship to food is beyond sustenance. We photograph it, tweet about it and obsess over what it looks like and where it comes from.

In North America, we are living in an era of food-as-spectacle; celebrity chefs have been elevated from kitchens to red carpets while the rest of us fanatically share our own food porn across various social media sites. The Food Network airs Olympiad-like programming 24 hours a day to determine who can decorate, create and consume various different foods in the fastest possible time.

Our collective obsession with good cuisine is rivaled only by our masochistic obsession with conquering outrageously bad food. From Kentucky Fried Chicken's Double Down to Taco Bell's new Breakfast Waffle Taco, it seems there is just no limit when it comes to sandwiching calorie-heavy foods around each other and attempting to digest the result. We've pushed the boundaries of acceptable food combinations beyond the limits of good taste (literally) and are now just making ourselves sick in the name of extreme consumption.

One such culinary hybrid got the best of intrepid eaters in Toronto last week when the Canadian National Exhibition's must-try food of the season sent 150 people heaving over their toilet bowls with serious gastrointestinal issues. The culprit was a disgusting-sounding Cronut Burger consisting of a beef patty and processed cheese sandwiched between two sugary cronuts, a fusion croissant-doughnut popularized by Dominique Ansel Bakery in New York City. Even looking at a photograph of the monstrous carnival snack is enough to give anyone food poisoning by proxy.

And if the Cronut Burger is the ultimate example of low-brow dietary disaster, then Ray & Stark Bar's elitist new water menu lives on the other end of the spectrum when it comes to conspicuous culinary trends.

The Los Angeles-based restaurant recently introduced a 45-page leather-bound water menu, which boasts over 20 varieties from around the world to try by the bottle or as a tasting flight. That's right, dinner patrons can fork over $12 to sample a selection of bottled waters served in three-ounce tasting glasses. There's even a water expert on hand in case you need some guidance in deciding what brand of H2O pairs best with your pretentiousness.

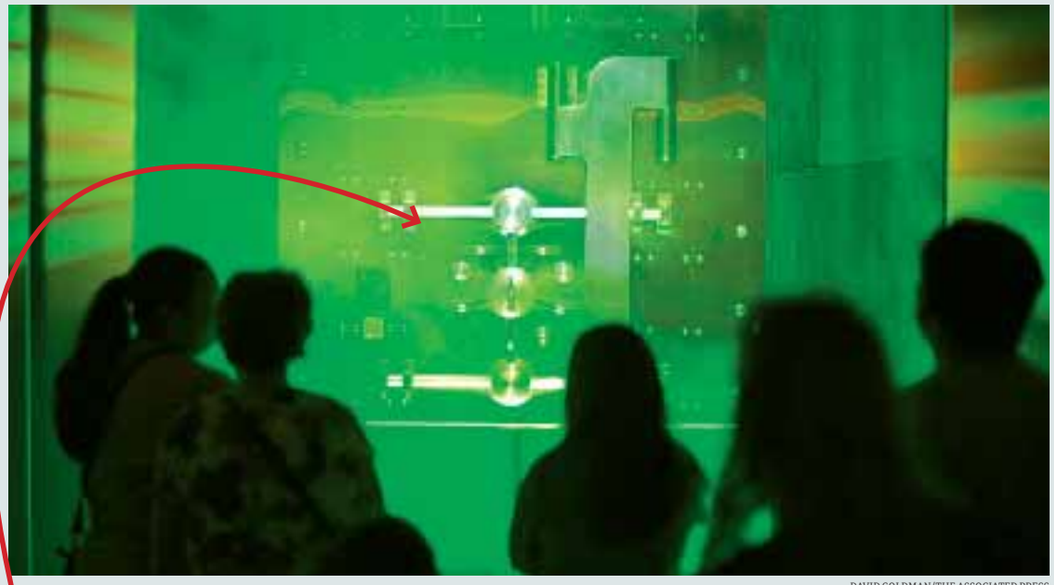
Enough is enough, everyone. We've taken foodie culture too far. I do not want to live in a world where people pay more than the hourly minimum wage for nine ounces of water or where experimental eaters routinely gorge themselves on highly processed gastronomic abominations.

All of this excess is making me sick to my stomach.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

You think Coke's formula is unchanged?



DAVID GOLDMAN/THE ASSOCIATED PRESS

Major brands play up false notion of sacred recipes

Coca-Cola keeps the recipe for its 127-year-old soda inside an imposing steel vault that's bathed in security lights. Several cameras monitor the area to make sure the fizzy formula stays a secret.

"It's a little bit for show," concedes a guard at the World of Coca-Cola museum in downtown Atlanta, where the vault is revealed at the end of an exhibit in a puff of smoke.

The ability to push a quaint narrative about a product's origins and fuel a sense of nostalgia can help drive billions of dollars in sales. It's why companies such as Coca-Cola and Twinkies' owner Hostess play up the notion that their recipes are unchanging documents that need to be closely guarded.

THE ASSOCIATED PRESS

In the 1980s ...

- Coca-Cola and PepsiCo switched from sugar to high-fructose corn syrup, a cheaper sweetener. The companies last year also said they'd change the way they make the caramel colouring to avoid having to put a cancer warning label on their drinks in California, where law requires such labels for foods containing carcinogens.

Twinkie, twinkie little switch

This summer, Twinkies made a comeback. At the time, the new owners promised they would taste just like before.

But a box of Twinkies now has a shelf-life of 45 days, almost three weeks longer than the 26 days from a year ago. That suggests the ingredients have been tinkered with, to say the least.

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Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

JOSE CSILVA/FLICKR

Among the many reasons to love living in the modern age is the infinite entertainment, wisdom and learning available in podcast form on the iTunes store. If you're the type to leave your cellphone on the bathroom counter as a shower radio, these three subscriptions are among the most reliable brain food you'll find to feed that insatiable appetite.

The Body Sphere:

An unfailingly fascinating Australian radio show that examines our bodies and the way we use and abuse them. Recent episodes include a surgeon's perspective on a liver transplant and testing the paleo-diet theory that modern life is wreaking havoc on our primitive systems.

Love + Radio:

Two ways to dip your toes into an unfamiliar topic are to have an expert teach you about it or get a first-hand account from somebody who lived through it. L+R takes the latter approach by using deep one-on-one interviews with people who have endured or enjoyed odd life experiences you have to hear to believe.

Pop Up Ideas:

Tim Harford smoothly hosts this BBC program that delivers bite-sized lessons on how economics, philosophy and other social sciences shape the world we live and work in.

Twitter

@metropicks asked: Zurich will open drive-in sex boxes for safer prostitution. What would be in a Canadian 'sex box'?

@Medros: maple flavored condoms? prostitutes offering poutine on the side? lol I have no idea

@xRapunzalx: bacon!!

@Canucklehead_ca: Bacon, cold beer, two orders of poutine, a TV tuned to HNIC, government provided Viagra & an apology note.

@JacksActII: Info about treating sex trade workers with respect, the struggle for dignity, safety (for all), mutual boundaries

@lester04: maple syrup lube, a complimentary toque, and poutine to send you on your way afterwards.

@Shmingers: Wool socks, doughnuts, and an oar.

@_J_T_V_: a North of 60 DVD box set

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metro

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All hail the Queen

Daytime TV.
Queen Latifah takes grassroots approach to her new talk show

Can Queen Latifah be the next Oprah? Find out when her talk show debuts this fall. CONTRIBUTED

She's reviewed the research, and heard from the focus groups, but Queen Latifah is relying on a different source to help discern what may — or may not — get fickle viewers to tune into her show this fall.

She's been talking to her aunts, her cousins as well as people on the street, "people who don't have that much money in their pockets at all," Latifah says, to find out what they are interested in.

"I am a TV watcher; I come from a TV watching family," says the newest celebrity to throw her name-recognition into the daytime talk show ring.

"I love to be entertained, so I sit and watch a lot of the talk shows. I watch Ellen. I watch Maury. I watch Fallon. I watch TV and I want to create things that I want. I consider myself a viewer."

In the rush to fill the Oprah-void over the last couple of years, a number of shows were programmed into the daytime schedules only to find themselves viewer-anaemic and wasting away on the schedule. It was a reality Latifah said she wanted to avoid.

"You kind of knew that was going to happen, that there was going to be a big rush into the field, and some thrived and survived and some did not," said the Oscar-nominee who had a short-lived talk show that premiered in 1999.

"Audiences got to decide what they wanted."

Audiences, hopes the Queen, will decide on her this time.

When talking about her dream guest, Latifah couldn't come up with just one name.

"I don't think there is a dream guest," she said. "I think the dream guest is who the audience wants to see. It's not just the A-lister or the president — any of those amazing people.

"But for me, the dream guests … are the regular people doing amazing and extraordinary things who you don't know but make for great television.

"The strength of the team that we have … is to be able to think on our feet and be able to do things as they happen in real life," she added. "I just want to give them a place where they can chill, open up and be real."

To fulfil her goal, Latifah said she wants to avoid the pitfalls of a highly structured show. The Grammy winner doesn't want to be mired down by a set format.

"My whole career has been based on not necessarily doing what everybody else was doing, and doing what I felt. I want to keep it open," said Latifah. "I will be keeping in touch with my audience. We will catch up."

And perhaps even sing. While Ellen dances, Latifah may just corner daytime TV's musical quotient. "Music is part of my life. Obviously I wouldn't be where I am today without music, so music will be of great importance to the show."

METRO

Also returning

Arsenio Hall — get ready to 'woot' again

Arsenio Hall

Arsenio Hall, whose first talk show aired from 1989 to 1994, returns weeknights on Omni starting Monday, Sept. 9.
METRO

Ladies first

The Queen Latifah Show premieres Sept. 16 on Global.

- **Competition.** Queen Latifah's biggest competition to this season's talk-show throne may be a former Housewives star. Bethenny Frankel, purveyor of Skinnygirl products and a former cast member of The Real Housewives of New York City, will premiere her show, Bethenny, on CTV starting Monday, Sept. 9. It is executive produced by talk-show maven Ellen DeGeneres.

Frankel

- **The Social.** Also entering the daytime arena is CTV's original production The Social, featuring Melissa Grelo, Lainey Lui, Cynthia Loyst and Traci Melcher. As its name suggests, the show will use social media and text messaging to probe viewers for opinions on the latest in news and popular culture while the ladies have their own round-table discussion à la The View. It premieres Monday, Sept. 2. METRO

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CONFEDERATION TERMINAL 'COME & GO' OPEN HOUSE

Saskatoon Transit is putting forward a proposal to move the existing Confederation Terminal on Laurier Drive, to an on-street bus station at Confederation Drive and Laurier Drive. The proposed new bus station is one of the initial steps toward implementing 'on-street' transit stations at key points within the city as part of future Transit plans.

Residents are invited to attend a 'come and go' Open House to learn more about the proposed new station. Transit staff will be in attendance to answer questions and gather feedback. Details are as follows:

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The VMAs: Wherefore art thou Biebs?

PAT HEALY
Metro World News

Now that I've had a full day to let the clusterf— that was this year's VMAs sink in (and to recover from the 24-hour hangover brought on by the magnum bottle of wine required to get through the thing), I have some questions. So many questions (not the least of which is why they still carry on with this charade at all — next year let's just have a Best Knocked Up Teen Baby Bump Awards and call it a day).

And here's the first question: Where was Justin Bieber?! I can't be the only one who thought his dopey, overly-coiffed absence was conspicuous. You guys, I DO NOT THINK HE WAS INVITED. I think that Justin Bieber's 2013 Video Music Awards invitation was lost in the mail.

My God, if this isn't the swiftest fall from grace since Lindsay Lohan nose-dived her career into a big pile of cocaine and regret, I don't know what is. Wasn't the little tyke the unofficial star of last year's show? I repeat: I do not think that Justin Bieber was present at or even invited to this year's VMAs.

If he was, you wouldn't know it from MTV's coverage of the debacle, which was apparently expressly designed to give viewers alternate play-by-plays of exactly what the Smith family and Taylor Swift made of the whole thing.

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Selena's heart beats for baby faces no longer

Selena Gomez. ALL PHOTOS GETTY

Bad news for Justin Bieber: Selena Gomez's taste in men is maturing. The 21-year-old singer and actress, who has been striving for a mature, grown-up image, tells Us Weekly that her celebrity crush is following suit. "Well, I once said Logan Lerman, but now it's George Clooney," she says. That can't bode well for her on-again, off-again boyfriend, the more Lerman-like Bieber.

The truth remains, 'N Sync is gone

'N Sync

Fans of 'N Sync who thought the band's reunion at the MTV Video Music Awards might just be the beginning, don't get your hopes up. It was a one-night-only kind of reunion, Joey Fatone's dad tells Radar Online. "People are hyping this as to mean like next month they'll go on tour, but there's been no talk of it," Joseph Fatone Sr. says "Yes there are still fanatical fans who hope for one day that 'N Sync will get back together, but the truth is that they are all doing their own thing now."

Sustain seasonal mindsets

ROMINA McGUINNESS
life@metronews.ca

Snowball your credit card debts: Prioritize high interest rates

"People overspend on their credit card abroad because it doesn't feel like real money. Then their statement comes in, and it's a shock," says Jasmine Birtles, founder of Money Magpie. List your debts according to how expensive the interest is. "It doesn't matter how much you owe, pay the minimum back on all of them, except the one with the most expensive interest. Make that one your priority, paying back as much as you can each month," she says.

Pay yourself a salary

"If you can afford to go for a drink, then you've got the money to save," Birtles tells Metro.

For extra cash, she recommends you set up a standing order at the beginning of each month (you'll have spent it all at the end) from your current account into a savings account.

"Pretend you're paying yourself. Even if it's just $50 a month, that's $600 a year," she notes.

Sex is passive: Learn to let go of lust

"Working is active and sex is passive in that it's something that happens to you. When you're aroused, you don't want to do anything especially productive," sex therapist Stephen Snyder tells Metro.

"You can still have great sex in the fall, but there's something special about summer that can't always be recaptured. So just enjoy the fact that you've been refreshed and restored by the experience," he suggests.

Connection, not penetration, is the key to great sex

According to Snyder, people feel most alive when they're on holiday, and part of the grief of coming home is that you have to give up that feeling.

To cultivate arousal (when you don't have the time or energy for sex) try "simmering," a technique that helps keep erotic feelings alive and preserves a couple's sexual bond.

"To simmer, spend two minutes staring into each other's eyes and breathing in unison. There should be no orgasms, no stroking and no heavy breathing — just stillness," he explains.

Let your mind settle into your body

"If you're feeling anxious, try and bring your awareness back to your physical senses," says Puddicombe, co-founder of Headspace, an online resource for meditation techniques. "Observe your posture, notice any tensions or sensations in the body, any smells or sounds, and sensations of heat or cold. Mindfulness isn't about emptying the mind, or suppressing uncomfortable emotions, but learning to witness these thoughts and feelings."

Spend 1 per cent of your day meditating

"There are 1,440 minutes in one day. Take 10 to meditate and you'll feel less stressed, less tired, and less anxious," says Andy Puddicombe.

"A healthy mind is the lens to a healthy life."

Move more: Do squats before lunch

"Our bodies are designed to move, so move every day. It doesn't have to be strenuous," says Duigan, who trains model Rosie Huntington-Whiteley and is the co-founder of Bodyism clinic.

Divvy up your meals and lay off the alcohol

James Duigan, a fitness trainer, recommends eating five healthy meals a day, two of which should be smaller snacks.

"Snacking ensures you don't overeat and will also help speed up your metabolism," he says.

And stay away from alcohol.

"It will make you feel sluggish, bloated, and reduce your body's ability to burn fat," he warns.

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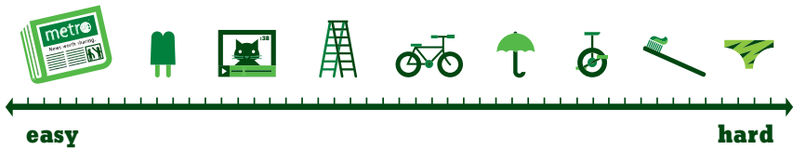

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Salmon cakes elevate canned fish to level fancy

Ingredients

- 1 1/2 cups thinly sliced seedless cucumber
- 1 tsp grated fresh ginger
- 2 tsp rice vinegar
- 1/2 tsp salt
- 1 tsp sugar
- 4 tbsp vegetable or canola oil, divided
- 1 cup finely chopped yellow onion
- Two 6-oz cans boneless, skinless salmon
- 1/4 cup low-fat mayonnaise
- 2 to 3 tsp prepared wasabi
- 1 cup crushed sesame flavoured thin rice crackers (about 32)

Wasabi-Spiked Salmon Cakes with Pickled Cucumber

This recipe serves six. MATTHEW MEAD/THE ASSOCIATED PRESS

1. In a small bowl, toss together the cucumber, ginger, vinegar, salt and sugar. Let stand for 10 minutes while you prepare the remaining ingredients.

2. In a large nonstick skillet over medium, heat 1 tablespoon of the oil. Add the onion and cook until golden, about 5 minutes. Transfer to a medium bowl. Reserve the skillet.

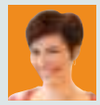
3. Add the salmon to the onion along with the mayonnaise, wasabi, crushed crackers and 1/4 cup of the liquid from the marinated cucumbers. Form the mixture into 6 burgers.

4. Return the skillet to medium-high heat. Add 1 1/2 tablespoons of the remaining oil. Add the salmon burgers to the skillet. Cook until golden, about 3 minutes. Add the remaining 1 1/2 tablespoons of oil, turn the cakes over and cook until golden on the second side, about another 3 minutes.

5. Transfer to 6 plates and top each salmon cake with a mound of the pickled cucumber. THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Health Solutions

Out with waste



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

According to a recent study commissioned by KitchenAid (which has a new Preserva fridge to solve the problem simply), Canadians waste $2.5 billion each year in rotten produce. Here are the top five abused vegetables and ways to reuse them:

Lettuce
Don't open the box of greens until you can use them. The nitrogen within is modified to prevent spoilage. Add a fresh paper towel to the box each time you use to absorb water.

Bananas
Blend with protein powder and peanut butter and freeze as popsicles when they are over-ripe.

Tomatoes
Lay wilty ones on a cookie sheet and roast at 275 F with olive oil for a couple hours. Use in pasta or as a bread topping.

Grapes
Freeze for use in cocktails or consume frozen on ice cream.

Celery
Freeze and save with chicken bones and onion ends then dump into a slow cooker when you have a bagful to make stock.

It's all about controlling the ethylene gas emitted as well as the moisture from fruits and veg. Think beyond the first pretty produce into a second life. Don't waste, people. Sheesh. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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metro

Fighting fire with sound advice

YOUR MONEY
Alison Griffiths
money@metronews.ca

Mr. Top 10, as I'll call him, isn't a fan of mine.

"What success, (if any) have you had investing? My investments show in excess of 20 per cent average this year!! What are your top picks?"

Mr. Top 10 (MTT) went on to castigate me for recommending GICs to an elderly, nervous investor and for not offering more stock and mutual fund recommendations.

Certainly you can find a gazillion "pickers" with tremendous success in a given year.

MTT's Canadian and U.S. funds have had a very nice run and I commend him.

However, a single year isn't illustrative.

It's more important to be a well-behaved investor than focus on short-term winners.

Here's how:

Allocate your assets

Pick an asset allocation (AA) that divides your money among equities (stocks, exchange-traded funds or equity mutual funds), bonds and cash.

Don't worry if everyone says you should be heavy into the stock market because bonds and cash return little.

Next year things may be quite different.

A portfolio with cash and bonds is buffered when the market heads south. And one day interest rates will rise.

Diversify

MTT's U.S. investments have done well over eight months, but who knows what the next eight will bring? That's why it's important to diversify within the equity categories.

Don't fling money into dozens of niche sectors and all over the world.

A mix of larger company Canadian, U.S. and global stocks, ETFs or mutual funds will do you just fine.

Dollar Cost Average

Invest regularly.

No, you won't always buy at the bottom, however you reduce the risk of committing too much money at the top. Getting an average price over time is the goal here.

Rebalance

Once you've decided on an asset allocation it's critical to stick with it, even when one aspect of your portfolio is taking off.

Examine your AA annually or so and rebalance back to those percentages if they're out of whack. You can use new contributions to do this rather than selling.

The problem with Mr. Top 10's approach is that you can have the best stocks or funds at any given time, but end up with a disastrous portfolio in the long run if you don't practise good investor behaviour.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Look into the investing crystal ball. Kind of cloudy in there, isn't it? ISTOCK IMAGES

Head coach Mike Babcock gives instruction to players Patrick Sharp, left, Sidney Crosby and Chris Kunitz during a ball-hockey training session at the Canadian national men's team orientation camp in Calgary on Monday. JEFF MCINTOSH/THE CANADIAN PRESS

Bigger isn't always better for Canucks

Orientation camp. Having struggled on larger ice surfaces, Canada looking for speed and agility

Steve Yzerman still remembers what it was like in Nagano in 1998, the first Olympics with NHL players and an example of Canadian failure on the bigger, international-sized ice surface.

The time-honoured strategy of dumping the puck in and forechecking didn't work.

"You can spend a lot of time skating places and getting there just a second late, taking yourself out of the play," said Yzerman, now Canada's general manager. "It is a different game."

It was a different game at the 2006 Olympics in Turin, too, when Canada finished seventh thanks to a lack of offence and speed and the wrong mix of talent for the 200-by-100-foot rink.

San Jose Sharks defenceman Dan Boyle watched from the stands as his teammates struggled.

"It was tough to watch, it was frustrating," Boyle said. "Even though every player on that team deserved to be there and was great, sometimes you need certain things and that's where different guys come into play. I just thought we lacked some things."

Eight years removed from that debacle and four years after winning Olympic gold in Vancouver on NHL-sized 200-by-85-foot ice, Hockey Canada is determined to learn from what went wrong without abandoning its style.

"One of the critical things is to continue to play the Canadian game and not adjust to some of the spaces that suddenly arise," coaching consultant and former Edmonton Oilers coach Ralph Krueger said. "But you need to make sure that you don't change your game or make too many adjustments that will weaken what makes Canada strong."

What makes Canada strong, Yzerman and the coaching staff hope, is speed and agility. Perhaps that's part of what the 2006 group was lacking.

Judging by the comments of those in charge of making up the 2014 roster, it doesn't sound like that'll be a problem this time around.

"The team will be made up of players who can skate, think and move the puck," Oilers president of hockey operations Kevin Lowe said. "There could be a number of changes from the gold medal team in Vancouver." THE CANADIAN PRESS

Guarding the goal

Jobs between the pipes up for grabs

Canada doesn't have obvious candidates in goal for the 2014 Olympic men's hockey tournament.

Even the man who backstopped Canada to Olympic gold in 2010 doesn't assume he'll inherit the starting job in Sochi, Russia, in February.

"It's an open competition and whoever plays best deserves to be the starter," Roberto Luongo said upon arrival in Calgary for orientation camp.

"You work hard and you want to be rewarded for your efforts. If I'm going to be there, I want to deserve it."

Luongo, Corey Crawford, Braden Holtby, Carey Price and Mike Smith are the five goalies who have been summoned to Calgary for informational meetings at this week's orientation camp.

THE CANADIAN PRESS

US Open

Bouchard and Dancevic get past opening round

Canadians Eugenie Bouchard and Frank Dancevic won opening matches within seconds of each other to advances into the second round of the US Open on Monday.

Bouchard, of Montreal, Que., managed to find a way past Czech Karolina Pliskova 4-6, 6-4, 7-5 to win in her US Open main draw debut. Dancevic, a product of Niagara Falls, defeated Robin Haase of the Netherlands 7-6(5), 3-6, 7-5, 7-6(7).

Milos Raonic begins play on Tuesday against Italian qualifier Thomas Fabbiano.

THE CANADIAN PRESS

Basketball

Four NBAers crack Canadian squad

Cleveland Cavaliers power forward Tristan Thompson will lead Canada's men's basketball team at the upcoming FIBA Americas Championship in Venezuela.

Thompson is one of four NBA players on the team, which also includes Miami centre Joel Anthony, San Antonio point guard Cory Joseph and Orlando forward Andrew Nicholson. It's the first time Canada has had four NBA regulars on its team in a FIBA competition.

THE CANADIAN PRESS

MLB

Dickey brings A-game vs. Yanks

R.A. Dickey picked up his 10th win of the season and slugger Edwin Encarnacion drove in a pair of runs as the Toronto Blue Jays kicked off a six-game homestand with a 5-2 win over the New York Yankees on Monday night.

THE CANADIAN PRESS

Coach sounds off

"I know you're not makin' the playoffs. I get it, but please look like you care."

Don Cherry took the Blue Jays to task on Twitter for having fun in the dugout while losing to the Astros over the weekend.

Horoscopes

♈ Aries
March 21 - April 20
You will find favour with colleagues and employers over the next few days but it is up to you to make something of it. Let them know you want to work as part of a team.

♉ Taurus
April 21 - May 21
You want to get away, so what's stopping you? Get out of that nine-to-five mindset and start making plans that take you to new places — as far away from where you are now as possible.

♊ Gemini
May 22 - June 21
There will be a clash of egos today and it has been coming for quite some time. Say what you have to say, but don't forget you have to work with this person every day.

♋ Cancer
June 22 - July 23
You must be honest about your feelings, even if it makes you feel vulnerable. You actually have nothing to worry about. The responses you get from loved ones will confirm they are very much on your side.

♌ Leo
July 24 - Aug. 23
Money issues may be front and centre now but in the greater scheme of things they are somewhat trivial, so don't fuss about them too much. It's love that makes the world go around, not dollars and cents.

♍ Virgo
Aug. 24 - Sept. 23
Friends will deny you nothing over the next few days, so you might as well ask for what pleases you most. Bear in mind though that one day they may ask something similar of you, so don't be too outrageous.

♎ Libra
Sept. 24 - Oct. 23
Treat others the way you'd like to be treated. That's good advice any time but never more so than now as the words you speak and the actions you take will have huge repercussions.

♏ Scorpio
Oct. 24 - Nov. 22
If you play with fire, you must expect to get burned. You may have thought you were going to get away with something but today's events will awaken you to reality. Causes always, but always, have consequences.

♐ Sagittarius
Nov. 23 - Dec. 21
You seem to be in one of those moods where money is no object, despite the fact that your resources are low. If you do spend too much, don't be too hard on yourself.

♑ Capricorn
Dec. 22 - Jan. 20
You need to be with people who excite you mentally. There are so many superficial people out there — identify them and give them a miss.

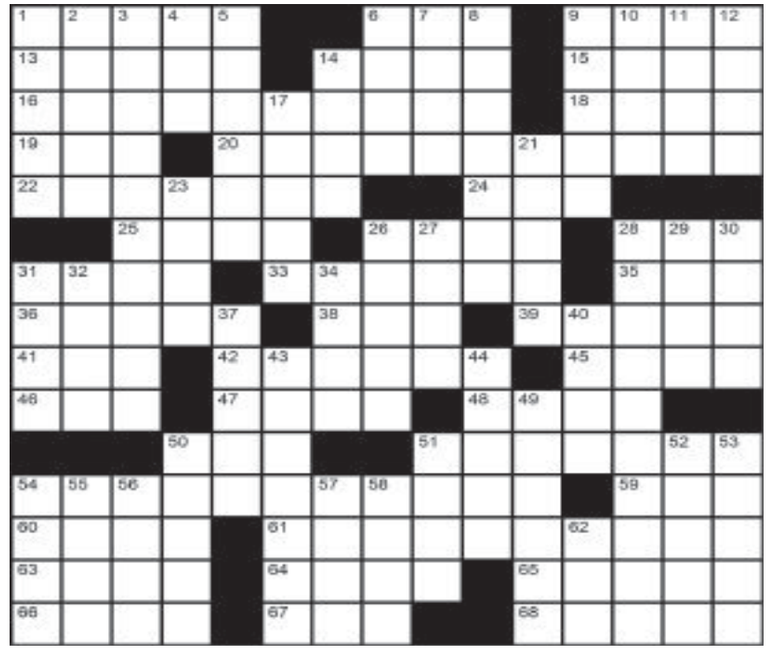
♒ Aquarius
Jan. 21 - Feb. 19
Whether you're a realist or a dreamer, you will have to make some no-nonsense choices today. Your heart may be in the right place but if your head is on another planet you won't achieve much.

♓ Pisces
Feb. 20 - March 20
The Sun opposes your ruler Neptune today, which among other things suggests that someone will challenge the way you look at the world. Don't let them put doubts in your mind. The world is what you want it to be. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

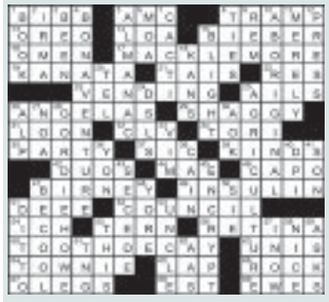
BY KELLY ANN BUCHANAN



Across
1. Briefly summarize
6. "__ Wolf" (1947)
9. Apple variety
13. "...and forgive __ __ trespasses..."
14. Mr. LaBeouf
15. The Drifters hit: "__ the Roof": 2 wds.
16. Wild West transport
18. Whispery word
19. Ship signal
20. East Coast exports: acr. + word
22. Choices
24. Half of Ms. Gabor
25. Mannered man
26. Nevada 'aliens site', __ 51
28. Feasted
31. Glum
33. Father of New France, __ de Champlain
35. Prospector's find
36. Late night's Mr. Ferguson
38. __ Gatos, California
39. Donald Duck nephew
41. "Bad Moon Rising" gr.
42. Seaport of Italy
45. Curves
46. Bad guy
47. Basilica part
48. Recreation spot, in Quebec
50. Egyptian cobra
51. Revere
54. Burnaby, BC born musician from an eponymously-titled Band: 2 wds.
59. __ Beach, Hawaii
60. "What's __ for me?": 2 wds.
61. Art __ (b.1912 - d.2010, Radio/TV host in The States from Moose Jaw)
63. __-Flush
64. Pasturelands
65. Montreal's __-Dame Basilica
66. Canadian politics channel
67. 'Persist' suffix
68. Fall fabric

Down
1. 1904 to 1905: __-Japanese War
2. Impede, in law
3. CCG = Canadian __ __
4. Pre-Sept. month
5. "That '70s Show" actress Laura
6. Bloke
7. Puerto's follower
8. Classic five dice game
9. Dr. Sanjay __ (CNN's Chief Medical Correspondent)
10. Lhasa __ (Small dog)
11. Shake off
12. New Wave's Adam and The __
14. Kate Bush song: "And __ __ Love"
17. Loonie parts
21. "__ __ of you are aware..." (Manager-to-staff speech opener)
23. Yesterday, in Italy
26. Arcade game, Whac-_-__
27. Sly tactic
28. Fork, in a Montreal restaurant
29. Julia Roberts' actor brother
30. Kiki and Sandra
31. Gladiator's 800
32. Killer whale
34. The __ (Famous mountains)
37. Grind teeth together
40. Rowboat needs
43. Qu'__ Valley (Region of southern Saskatchewan)
44. Thread holder
49. Enthusiastic
50. House's accessed-by-ladder spot
51. Bowl-shaped pans
52. Gladys Knight & The Pips hit: "If _ __ Your Woman"
53. Peeled
54. Catchall category [abbr.]
55. Have _ __ (Zzzzz...)
56. Ms. Turner
57. Vienna, to Austrians
58. Fly type
62. __ truck

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8		5				1		7
	7	6	2		5	3	4	
2								5
			8		7			
	5			4			9	
			5		1			
7								4
	9	2	6		4	8	3	
6		3				2		9

Yesterday's Sudoku

2	1	3	7	4	8	9	6	5
5	9	4	2	3	6	1	7	8
6	8	7	1	9	5	2	3	4
8	7	5	3	1	4	6	9	2
1	3	9	6	8	2	5	4	7
4	6	2	5	7	9	8	1	3
3	2	8	9	6	7	4	5	1
9	4	1	8	5	3	7	2	6
7	5	6	4	2	1	3	8	9

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